



DIMITRUK OUT
OF THE HERD
TEAM CUTS OVER-AGE
DEFENCEMAN {page 24}

ADD SOME PUNCH
TO YOUR KID'S LUNCH
THINK OUTSIDE THE
(LUNCH) BOX {page 21}



REUNION ANISTON, COX BOTH 'COUGARS' SCENE {page 17}



HALIFAX

metro



Tuesday, August 24, 2010
www.metronews.ca



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Highway. Deaths



► A transfer truck received heavy damage in a fatal multi-vehicle collision on Highway 104 near New Glasgow yesterday. Story, page 4.

NEW GLASGOW NEWS

Multi-vehicle crash kills two

Two people died and several others were taken to hospital in a 7:30 a.m. collision involving a truck, a car and a motorcycle. The crash was the third fatal accident on Highway 104 in less than a week.

Danielle not likely to visit

Hurricane not forecast to strike
Nova Scotia {page 3}

Tiger's divorce finalized

Woods' turbulent year
continues {page 25}

Mayor yet to take the plunge

► Peter Kelly swam in harbour at Dingle beach two years ago ► Harbour beaches closed last summer due to flowing of raw sewage ► Beaches now back open



ALY
THOMSON
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With only one week remaining in August, Mayor Peter Kelly has yet to take his promised "celebratory dip" in the harbour.

Kelly has repeatedly told Haligonians he would be swimming in the Halifax Harbour this summer, but so far has yet to follow through.

"We had a couple days chosen but it was either raining that day or events came up," he said yesterday.

"It may be by the end of this week and by the end of the summer for sure."

Kelly said his dip will help show the water quality is suitable for recreational swims.

But with the harbour water getting chillier by day and fall around the corner, has the yet-to-be symbolic swim lost its primary purpose?

"People do swim beyond summer too, into the fall a bit," he replied.



► Mayor Peter Kelly

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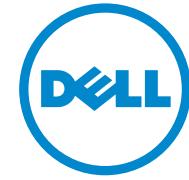
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Speaker mum on MacArthur exit

House Speaker Charlie Parker isn't saying whether a settlement with outgoing Chief Clerk Rod MacArthur is being negotiated.

Parker's office sent out a release on Friday afternoon announcing MacArthur's retirement. The release came shortly after an All-NovaScotia.com report citing sources indicated MacArthur was pushed out.

But neither Parker nor MacArthur would speak to the matter yesterday.

"All I can confirm is that I worked there and I no longer work there," MacArthur said when contacted by Metro.

Parker lauded MacArthur yesterday for his 35 years in the civil service, but would not speak to whether or not MacArthur will receive a settlement.

"Personnel issues are not something I discuss," said Parker. "I believe that's a confidential item, and just leave it at that."

On June 9, MacArthur criticized the certain administrative reforms in the inaugural meeting of the House of Assembly Management Commission.

He was concerned about transferring administrative duties away from the Speaker's Office to government departments, saying the move would encroach on the independence of the legislature.

Liberal MLA Andrew Younger accused the NDP

Interim role

Neil Ferguson, assistant to the clerk, has taken over the chief clerk role on an interim basis.

of trying to muzzle MacArthur.

"It's very clear in the way the departure was managed that (the NDP) got rid of him," he said.

Previously unavailable minutes from the June 9



► Speaker Charlie Parker

meeting became available online after requests were made to the Speaker's Office yesterday.

● ALEX BOUTILIER

1

news



News on the move

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Italian canine lifeguards doggie-paddle to the rescue. Scan code for story.

Hurricane Danielle likely to spare N.S.

Upgraded to a Category 1 hurricane from a tropical storm late yesterday

ALY THOMSON
HALIFAX@METRONEWS.CA

Hurricane Danielle is forming in the Atlantic but most likely won't hit us here.

Chris Fogarty, program supervisor of the Canadian Hurricane Centre in Dartmouth, said Danielle isn't forecast to strike Nova Scotia and only has about a five to 10 per cent chance of affecting the eastern part of Newfoundland and Labrador.

But he said if the season's second Atlantic hurricane was to change course, Danielle would be here early next week.

"At this stage in the game it's all probabilities but if ... it made it up this way it would probably be a weather factor probably Sunday or Monday," Fogarty said.

Forecast

Chris Fogarty said Halifax should expect more storms to develop in the coming weeks, possibly more than normal.

He said Danielle is still quiet, but the centre is monitoring the storm for "offshore marine interests."

Danielle has formed far from land in the Atlantic with maximum sustained winds of 120 km/h.

It's expected to strengthen in the next couple of days, with forecasters saying the storm could become a major hurricane by tomorrow.

"It's looking like it's going to be mostly a mid-ocean issue," Fogarty said.



► Chris Fogarty, program supervisor of the Canadian Hurricane Centre in Dartmouth.

North Preston gets to speak up

Coun. David Hendsbee and Mayor Peter Kelly will hold an invite-only "discussion group" for some citizens of North Preston to air any grievances tomorrow night.

Members of the North Preston community, such as Wayne Desmond, president of the North Preston Ratepayers Association, and Rev. Wallace Smith are expected to attend.

Both Desmond and

Smith helped organize a protest earlier this month against the exclusion of North Preston residents from a private access road that gave 12 homeowners in Lake Major a shortcut around construction.

Protesters blockaded Lake Major Road for two days until the municipality reversed its decision and closed the access road altogether.

● ALEX BOUTILIER

Agenda

Coun. David Hendsbee said the agenda of the discussion group is left up to the invitees.

He did not wish to speculate on topics or possible results from the meeting.

News in brief

Two sought in home invasion

CRIME. Police are looking for two additional people in relation to a home invasion in Halifax yesterday.

Around 12:30 p.m., Halifax Regional Police were called to a home on the 6000 block of Chebucto Road. The area around the residence was

cordoned off, and a search of the area turned up one suspect. Police say they also recovered a Taser, as well as laptops and a cellphone.

Police expect to lay several charges in the break in, including using a disguise, assault with a weapon and possession of stolen property.

Two more people are being sought in relation to the incident, according to police. No injuries were reported.

● METRO HALIFAX



Deadly week on Highway 104

► Two more killed in three-vehicle collision yesterday ► Now five deaths in three separate accidents since last Wednesday ► Local fire chief pleads for drivers to slow down

ALY THOMSON
HALIFAX@METRONEWS.CA

A provincial transportation spokesperson is calling Highway 104 safe after another fatal collision on the busy stretch of road yesterday.

Lindsay Lewis, spokesperson for the Department of Transportation, says a number of factors are involved in

any collision and those haven't been determined in three fatal collisions on Highway 104 since last Wednesday.

"Usually what we find ... is that it's a case of distracted driving, speeding ... we do see the same contributing factors over and over again," she said.

West River Fire Department Chief Dennis Harnish said he has seen drivers speeding on the

highway first hand. After travelling to Antigonish multiple times this summer, Harnish said he was shocked by the speed of drivers.

"They've got to slow down as far as I'm concerned," he said.

"I drive around 100 or 105 (km/h) and people are passing me like I'm sitting on the side of the road."

Merigomish Fire De-

partment Chief Paul Schnurr said he has not seen a series of accidents like this in a long time.

"This is a very unfortunate series of events. We work hard to make sure the roads are as safe as possible"

LINDSAY LEWIS, SPOKESPERSON
FOR NOVA SCOTIA DEPARTMENT
OF TRANSPORTATION

He said it's not known whether the cause of the accidents is related to highway conditions or drivers' attitudes.

All three fatal collisions took place in the two-lane portion of the highway.

"They need to slow down, leave lots of space between vehicles and don't drive aggressively," he said.

WITH FILES FROM
THE NEW GLASGOW NEWS

Village cut off by heavy rains

Kenneth MacLellan was growing impatient yesterday waiting for word that washed-out bridges linking his remote fishing village to the rest of Cape Breton would be repaired after a weekend of heavy rain.

The news wasn't good for MacLellan and the estimated 25 to 35 residents and about 50 campers who were left stranded when rain damaged a number of bridges and culverts in the Meat Cove area, including the Salmon River Bridge —

the lone point of entry on land to the community.

The province said late yesterday that it would take "at least seven days to install a temporary bridge."

MacLellan said about 15 people were stranded in a campground he owns. He said he was feeding the campers for free in his restaurant.

Engineers were assessing the damage to the Salmon River Bridge, which was heavily damaged.

THE CANADIAN PRESS

Police looking for antique car

Halifax RCMP are on the lookout for a 1932 hot rod that was stolen from a parking lot in Eastern Passage.

Police say the black Ford Coupe has purple flames on the sides, wide rear tires and antique Nova Scotia licence plates.

The vehicle was stolen last Friday from the lot on Main Road.

Anyone with information about the theft is asked to call police or Crime Stoppers.

THE CANADIAN PRESS

Man in court over baby shaking

A Halifax man accused of shaking his two-month-old child appeared in Halifax provincial court yesterday to hear his charges.

Michael McNish, 27, was arraigned yesterday on one count of aggravated assault.

According to police, an infant boy was brought into the IWK Health Centre in late June by his parents with injuries consistent with shaken baby syndrome.

Police say they were called to the hospital by

staff in the early morning hours of June 23 regarding the baby's injuries, which led to an investigation by the Halifax Regional Police/RMP Major Crime Unit.

Two days later, police issued a release saying McNish had been charged.

The child is expected to make a full recovery.

McNish has been granted bail on several conditions and will appear in court again on Oct. 22 for election and plea.

THE CANADIAN PRESS

Province to ask feds for power line cash

Nova Scotia's Department of Energy confirmed yesterday it's asking for \$375 million in federal contributions for an underwater power transmission line connecting the province to Newfoundland and Labrador. Department spokeswoman Nancy Watson confirmed the number after it was released by the Newfoundland-based Nalcor Energy in a media scrum.

The province refused to disclose the request to reporters last week.

Watson said she doesn't expect the disclosure to hurt negotiations with the feds.

● ALEX BOUTILIER

Spamalot on its way to Halifax

The musical comedy "lovingly ripped off from" Monty Python and the Holy Grail is coming to Halifax.

Spamalot, the Broadway musical based upon the classic Python comedy, will be playing three shows this fall on Saturday Oct. 16 at 2 and 8 p.m. and Sunday Oct. 17 at 2 p.m.

● METRO HALIFAX

Tix

► Tickets go on sale at Ticket Atlantic outlets Friday at 9 a.m. and will adult tickets costing between \$75.50 and \$59.50.

Bear spray, knife used in robbery

Halifax Regional Police are searching for two men in relation to an armed robbery late Sunday afternoon that saw a laptop and safe stolen. Around 4:30 p.m., police were called Lahey Road in Dartmouth.

Police say the victim, a 21-year-old male, was sitting in his apartment when one of the men engaged him in a short conversation. Shortly thereafter, the man, armed with bear spray, climbed through the window with a second man, carrying a knife. The victim was slashed on the arm, receiving minor injuries.

● METRO HALIFAX

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Hostage-taker kills eight in the Philippines

► Two survivors in serious condition ► Remaining five under observation ► Hong Kong issues travel warning

A 12-hour hostage drama aboard a hijacked Philippine bus ended in bloodshed yesterday when an angry ex-policeman demanding his job back gunned down eight Hong Kong tourists before police stormed the vehicle and a sniper killed him.

At least seven captives survived, four of whom were seen crawling out the back door of the bus after Philippine police stormed it yesterday evening when the hostage-taker started shooting at the 15 Chinese tourists inside, said

police Senior Supt. Nelson Yabut.

He said the hostage-taker was killed with a sniper shot to the head after he wounded a police sharpshooter.

Police and ambulances were lined up next to the vehicle in the pouring rain after the standoff ended. Local hospitals reported seven bodies of hostages were brought in.

The bloodshed rattled the Philippines and raised questions about police ability to deal with hostage-takings.

THE ASSOCIATED PRESS

Police rescue

- Police sharpshooters took positions around the white-blue-red bus, and the road was sealed off, with ambulances and fire trucks positioned nearby. Police brought in food for the hostages.
- The standoff was covered live on television. The curtains on the bus windows were drawn and two police negotiators could be seen walking to and from the bus and communicating with Mendoza from the window near the driver's seat.

PAKISTAN FLOODS

Workers scramble to plug levees

Emergency workers worked frantically yesterday to shore up a system of levees protecting two southern Pakistani cities from floodwaters that have devastated wide swaths of the country.

While the floodwaters are slowly moving toward the Arabian Sea,

where they can drain away, the rainfall has been so intense that enormous parts of the country remain submerged.

In Shadad Kot, in the southern province of Sindh, authorities are increasingly worried that even the 18 kilometres of new levees soldiers have built to protect the city, and Qambar city further to the south, may not hold back the floods.

Workers were piling stones and sandbags to plug leaks in the levees, trying to stay ahead of any damage.

THE ASSOCIATED PRESS

Courthouse flooded by G20 cases

Hundreds of people facing G20-related charges flooded a Toronto courthouse for appearances yesterday, though several showed up to find their charges withdrawn.

The hundreds of accused were spread over three small courtrooms, where they crammed onto benches, but there were still long lineups snaking through the hallways.

THE CANADIAN PRESS

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World. Protest over climate change



► Protesters from a Climate Camp stand atop a "siege tower" that was moved toward police lines during a protest near the Royal Bank of Scotland's headquarters in Edinburgh yesterday.

DANNY LAWSON/THE ASSOCIATED PRESS

Twelve arrested in day of mass action by climate protesters

An estimated 500 activists set up a Camp for Climate Action behind the Royal Bank of Scotland headquarters in Edinburgh five days ago to protest against its reported funding of fossil fuel companies, which protesters say are destroying the planet.

StatsCan under fire for stale data

The forecast from Statistics Canada about its environmental data is cloudy with a chance it's not always up to snuff.

A new report says the agency's environmental statistics aren't nearly as timely or accurate as its social and economic data.

And the "largely ad hoc" way Statistics Canada gathers this data has given policy makers in Ottawa only a smattering of infor-

mation to work with.

"Such an approach has produced a patchwork of environmental statistics," the report says. "Some parts of the patchwork are of good quality and reported regularly, others less so. Other parts are missing altogether."

The Canadian Press obtained the October 2009 report under the Access to Information Act.

THE CANADIAN PRESS

Spotty stats

Greenhouse-gas inventory data is already two years old when Environment Canada gives it to the UN.

- Numbers don't add up Agency's emissions data doesn't jibe with greenhouse-gas inventory.
- Missing data Public registry of pollutants lists only portion of emissions.

AVIS - NOTICE



Conseil scolaire acadien provincial

Rentrée scolaire 2010-2011

Les élèves de toutes les écoles du Conseil scolaire acadien provincial (CSAP) débuteront les classes le vendredi 3 septembre 2010 à l'exception de ceux du Centre scolaire de la Rive-Sud à Bridgewater qui débuteront les classes le mardi 7 septembre.

Les demandes d'inscription peuvent être soumises en tout temps. Pour informations sur les conditions d'admission, veuillez communiquer avec l'école qui vous concerne à compter du 25 août 2010.

Pour informations :
1-888-533-2727
<http://csap.ednet.ns.ca>



Conseil scolaire acadien provincial

School Opening 2010-2011

The first day of school for students attending all Conseil scolaire acadien provincial (CSAP) schools will be on Friday September 3, 2010 with the exception of those students attending Centre scolaire de la Rive-Sud in Cookville (Bridgewater) who will start classes on Tuesday September 7.

Registrations for new students are accepted for entrance at any time. For information on entrance requirements, please contact the school in your area after August 25 2010.

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AN ANSWER TO AN AGE-OLD QUESTION

She says ...

JESSICA NAPIER



University life presents unique dating circumstances. Students spend their days living, learning and loving in an incubator of co-eds, with the majority of these potential hookup partners falling into the 18-24 age range.

Post-graduation dating becomes much less predictable. A typical downtown watering hole offers a vast selection of ready-to-mingle singles that range from their late teens to the 40-plus crowd. So, while every weekend presents a new opportunity to broaden your dating horizons, it can be difficult to determine

whether that cute guy offering to buy you a drink is a baby-faced 30-something or a well-dressed underager.

It would be romantic to believe that true love doesn't discriminate based on age, but the reality is often very different.

So, how old is too old and how young is too young?

Chemistry doesn't trump compatibility, so ask yourself if you both want the same things in the relationship. If you're in your early 20s looking to have a casual fling and he's creeping toward 40 and searching for the future mother

of his children, then you definitely have a problem.

You also have to consider how people might react to your age disparity. Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion. Women who go out with someone significantly older are often labelled the gold-digging

trophy girlfriend, while those who date younger men are inevitably subjected to the tired old cougar reference (the reference is tired and old ... not the women).

In the end, it's not necessarily your numerical age, but your maturity that has a greater impact on the success of the relationship. But if you're still confused on whether your May-December romance is destined to fail, there's always the "half your age plus seven" equation. This simple bit of mating math goes as follows: Divide your current age by two and then add seven, the number you are left with is the absolute youngest age you're allowed to date before it becomes indecent.

According to this not-so-scientific dating formula, a 24-year-old woman shouldn't date a man younger than 19.

Then again, dating someone over the legal drinking age should be a no-brainer for anyone who enjoys an overpriced cocktail on a Friday night.

Cartoon

STEPHEN HARPER MARKS HIS TERRITORY:



MICHAEL DE ADDER

Channelling some reality

Letters & Tweets

We asked: What reality TV show would you like to go on?

TORONTO. I would like for Extreme Makeover Home Edition to go on for a long, long time.

It's one of those shows that leaves me teary eyed every episode.

All are true and very touching.

JHOBELL KRISTYL

TORONTO. The reality show I would most like to be on is Big Brother.

TAMMY SPURVEY

TORONTO. The Aug. 17 article about Wi-Fi is scientifically silly. Prof. Magda

Your dream homemakers



GETTY IMAGES FILE

Havas is only moving on to claims about Wi-Fi because nobody wants to spread another silly story about cellphones.

Radio waves from either Wi-Fi or cellphones are not harmful radiation. They are in a range of energy that can't break one chemical bond, no matter how many millions of waves there are.

To a scientist, it's as silly as saying seven people can each jump one foot high, therefore they should be given an Olympic medal because that adds up to seven feet.

Radio waves can't be put in the same league as what the layperson normally thinks of as radiation.

PIERRE SAVOIE

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Metro Minute with puppet production

Dartmouth's Alderney Landing Theatre is home this week to a 45-minute puppet production titled Molly and the Oak Island Theatre. This theatrical show presented by Maritime Marionettes premiered in 1994 and has toured across Eastern Canada, Hawaii, Bermuda and France. The performance includes 13 puppets and recently added Molly's new friend Ulgimmo, a Mi'kmaq boy. The show runs through Sunday with several performances each day. Tickets are available through Ticketpro for \$11 for adults and \$9 for children, students and seniors. Seating is on a first-come, first-serve basis. Go to ticketpro.ca for show times.

METRO HALIFAX



CONTRIBUTED

► **Molly and the Oak Island Theatre** is running this week at Dartmouth's Alderney Landing Theatre.

URS Corp. Settlement



► An inspector climbs over rubble as he examines the Interstate 35W bridge in Minneapolis, which collapsed over the Mississippi River Aug. 5, 2007.

M. SPENCER GREEN/THE ASSOCIATED PRESS

Engineering firm to compensate victims

An engineering firm that consulted on the Minneapolis bridge that collapsed in 2007 has agreed to pay \$52.4 million US to victims. URS Corp. was sued by more than 100 people. Thirteen people died and 145 were injured. The firm was accused of missing warning signs in the Interstate 35W bridge before its rush-hour collapse into the Mississippi River.

Google tests a hidden 'instant regret' button

► New feature comes on the heels of a survey done by a PR company to promote the TV movie Going Postal

If you've ever sent an email and instantly regretted it, this is the button you've dreamed of.

Google Labs is testing an "undo" button on Gmail that gives you 30 long seconds to stop an email from reaching your boss, your husband or your soon-to-be-former best friend.

Being a Google Labs feature, it comes with the caveat that it "may break at any time" or "disappear temporarily or permanently."

It's one of a dozen or more experimental features that users can try out by burrowing into the Settings page on the Gmail Labs website.

The feature, which could also be called the "second thoughts" button, used to give you only five

20%

A survey picked up by several newspapers in the UK and India contends that one in five people have made an embarrassing email gaffe at work, and one in 20 were reprimanded or fired for that blunder.

seconds to rewrite your personal history.

Now you can tailor it to just how skittish you're feeling each day.

The new device comes on the heels of a "survey" by one PR company for another PR company for 20th Century Fox Home

Entertainment UK to promote the release of the DVD of the TV movie Going Postal, based on the book by British author Terry Pratchett.

The company, 72 Point, boasts "a news desk which takes daily calls from editors on the hunt for stories" and "journalists from the Sun, Daily Telegraph and women's magazines working in the same building."

"Surveys" tagged onto press releases are a perfect feeder for the news cycle, 72 Point says.

Each draws on its bank of paid responders modified for the best demographic bounce.

Its market-research pollster, onepoll.com offers pay and prizes to its roster of regular polltakers.

TORSTAR NEWS SERVICE

CENSUS CHANGE

Economists against census cut: Survey

A new survey suggests business economists are overwhelmingly opposed to the Harper government's decision to scrap the long-form census.

The Canadian Association for Business Economics (CABE) says 74 per cent of its members think it's bad policy to replace the mandatory long-form census with a voluntary survey.

Seventy-one per cent

anticipate the quality of data obtained from a voluntary survey will be poorer than that collected from the compulsory census.

And 76 per cent believe the change will negatively affect the analysis done by their group or organization.

Indeed, almost 60 per cent expect that they'll have to develop alternative, private sources of data.

Former chief statistician Munir Sheikh, who quit Statistics Canada last month to protest the government's decision to abandon the mandatory long-form census, is scheduled to address the CABE today.

THE CANADIAN PRESS

Restaurants to absorb coffee price increase

Caffeine junkies can relax for now — the price of a fix at two of Canada's biggest coffee chains won't increase as wholesale coffee prices hover around 13-year highs — but those who prefer to brew at home will be affected.

The December contract price for high quality Arabica beans — the type favoured in coffee shops — closed at \$1.8335 US per pound yesterday at the Intercontinental Exchange.

This is the most expensive the beans have been since 1997.

Many large coffee shops choose to eat the costs of raw-material price hikes after weighing the impact on their bottom line, said Sterling Smith, an analyst at Country Hedging Inc.

But consumers should expect to pay more for a jolt of Joe at home, with the price of Folgers and Maxwell House brands on the rise. THE CANADIAN PRESS

Market moment

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– 0.32¢
(95.03¢ US)

Natural gas 1,000 cu ft

\$4.077
(- 4¢)
Gold contracts
\$1,228.50
(- 30¢)

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– 72¢ US
(\$73.10 US)

TSX



– 3.44
(\$11,718.63)

PHOTO: AP/WIDEWORLD

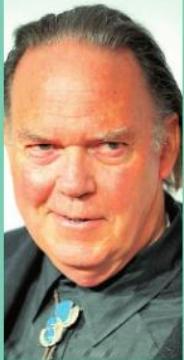
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In brief



Neil Young's
new album has a
title: *Le Noise*. In
a Facebook post,
the Toronto-
born rocker says
the record will
be released Sept.
28. The album
will also be
available in in
the form of an
iPhone app.

THE ASSOCIATED PRESS

**"The app will be
free. It gives you
an interactive
album cover.
Forgive my use
of the word
'album'. I am
old school."**

NEIL YOUNG



Defence presents video in
which Anna Nicole Smith denies
drug use at awards show



► The colourful world of Pandora and its blue-tinged Na'vi humanoids are back in *Avatar: Special Edition*.

Avatar born again, with extra footage

James Cameron's global smash returns to theatres Friday. Re-release will benefit those 'who wanted to see movie in 3-D but didn't get chance'

Before he takes moviegoers deep beneath the Pandoran sea, James Cameron hopes they'll go for an extended tour of the fictional planet he introduced in *Avatar*.

Avatar: Special Edition, which includes nine minutes of new footage, opens in 3-D theatres worldwide Friday.

"I'm trying to use the technology to keep people interested and enthused about the *Avatar* universe, because it's going to be a long time before we get another *Avatar* movie done," the filmmaker said in a recent interview.

Cameron, 56, already has plans for the *Avatar* sequels.

He's also got a submarine to build, cameras for the Mars rover to design, an underwater 3-D camera to upgrade and maybe even an ocean-related feature to make.

But first, he had to select

and perfect new *Avatar* footage and persuade distributor 20th Century Fox to rerelease the film theatrically in 3-D.

Cameron said there are "hundreds of thousands, if not millions" of people who wanted to see the movie in 3-D but didn't get the chance because *Avatar* was edged out of 3-D theatres by other scheduled 3-D releases. Since then, the number of available 3-D screens has doubled internationally, he said.

Fox executives said in a statement that they have been "inundated with requests to rerelease the film in theatres in 3-D" since it wrapped its original run in March.

Avatar boasts the biggest box-office take in history, collecting \$2.7 billion worldwide.

Bringing the movie back to the big screen is an experiment inspired by initial

**"We're rewriting
the contract
between humans
and screens. The
whole world is
defined by humans
watching screens
— we watch
screens at work,
we watch screens
for entertainment
— and we're
changing it."**

JAMES CAMERON

fan response to the movie, Cameron said.

"It was the most pirated film in history at the same time it was the most attended film in movie theatres," he said, adding that some who saw the movie on DVD or on their computer screens may want to enjoy it in all its big-screen, 3-D glory.

The new footage is sprinkled throughout the movie. One bit focuses on the death of one of the planet's native humanoids, the tailed, blue Na'vi. His death is hinted at in the original film, but in the extended version, "We actually see him die," Cameron said.

"Not like he splats to the ground, but how they gather around him afterwards," he said. "It's this big emotional scene and it's actually the best CG we did in the whole movie."

Another scene follows a hunt for one of Pandora's bizarre creatures in a "rousing" action-adventure, pulse-pounding kind of scene," he said.

The extended version will appear on a special-edition DVD to be released in November. It will also include a more expanded, "alternate reality version" of the film that is 16 minutes longer than the origi-

Cameron's plans

► Cameron plans to explore the Pacific's Mariana Trench in a two-seater sub that can go 36,000 feet below the surface. He's working on upgrading his 3-D underwater camera and is helping build a space-age 3-D camera for the new Mars rover, Curiosity.

"You'll be able to see Mars going by, in 3-D," he said.

► He's also working on a 3-D conversion of *Titanic*, which he hopes to release in April 2012, the 100-year anniversary of its sailing and sinking.

nal, Cameron said.

He has already begun technical development on an *Avatar* sequel that will focus on the planet's ocean environment.

"I love diving," he said, "and if I'm making this movie, I'm not going to be diving as much as I'd like, so I'm going to give myself a kind of methadone fix by doing fantasy ocean."

THE ASSOCIATED PRESS

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

Plan? What plan?**The Back-Up Plan**

Genre: Romance/Comedy

Director: Alan Poul

Stars: Jennifer Lopez, Alex O'Loughlin

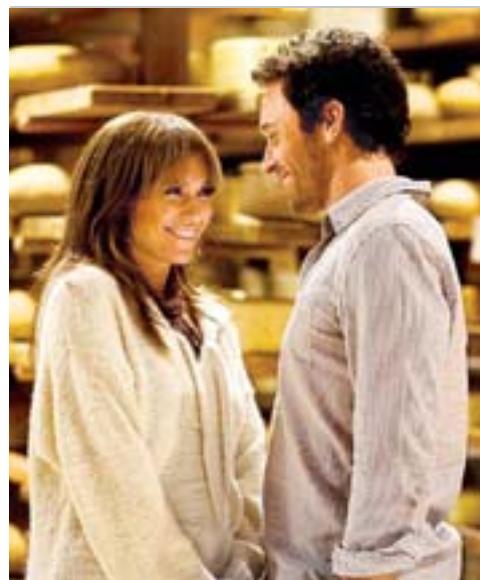
3½

What are the odds of there being two romantic comedies in one year about the wacky antics of sperm-seeking mama wannabes?

They're not that long, actually, given Hollywood's copycat tendencies. Far less certain is the likelihood of Jennifer Lopez getting another headlining rom-com gig after stumbling through this formula filmmaking, which makes current baster yukster *The Switch* seem like comic genius in comparison.

From the meet cute beginning to the obvious ending, it's almost painful to watch this leaden procession of pregnancy clichés, directed by TV's Alan Poul. J-Lo's lack of rapport with Aussie leading man Alex O'Loughlin is palpable.

Her Zoe can't wait to



find a "penis partner" to get pregnant; his Stan walks around without a shirt a lot and has pretensions to becoming an organic farmer.

Their on-again, off-again courtship theatrics make viewing this as much fun as a 2 a.m. dia-

per change. The supporting cast doesn't help much, particularly Robert Klein as a far too mouthy doctor. There's also a surprising amount of profanity.

Extras include deleted scenes and a making-of featurette. PETER HOWELL

Singer Chesney tackles love of all things football

Everything Kenny Chesney needed to know about dominating country music he learned from football.

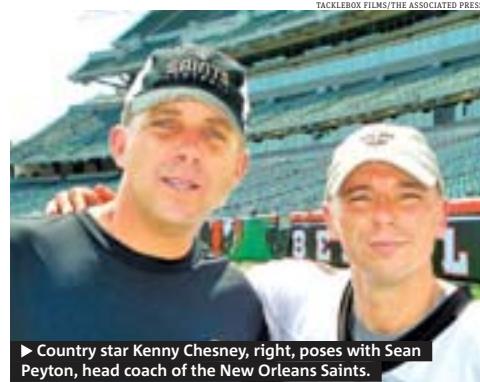
Whether he's firing up the tour bus or heading into the studio, he uses the principles he learned while playing at Gibbs High School outside Knoxville. This epiphany came to Chesney while he was recording for his latest album, *Hemingway's Whiskey*, and eventually grew into the documentary film *Boys of Fall*, which airs on ESPN this Sunday.

"It's no different if you're playing football, if you're on the road like I am, if you're running a company," Chesney said. "Everybody's got to work together if they want to achieve something that's special."

Chesney's documentary started out as a simple video shoot for the single, *The Boys of Fall*. He followed friend and New Orleans Saints coach Sean Payton to the coach's hometown in Naperville, Ill.

It was a special experience and Chesney started to think about all the sports figures he has become friends with over the years.

"That's when I thought it might be cool for me in my year off I took from the road to go around and talk



► Country star Kenny Chesney, right, poses with Sean Payton, head coach of the New Orleans Saints.

to these people and see what we get," Chesney said. "It ended up being one of the best journeys of my life."

Chesney's journey took him to places like Hattiesburg, Miss., where he had barbecue at Brett Favre's house, Tuscaloosa, Ala., and Austin, Texas. He met with the giants of the game — Bill Parcells, Peyton Manning, Nick Saban, Bobby Bowden, John Madden — but also spent time filming peewee players in Nashville.

There were fun moments: "John Madden cooked what is the equivalent of Thanksgiving and

Christmas dinner together for us. He told me when I walked in there, 'When it comes to cooking I can take Brett Favre to the woodshed.'

But he also came away with experiences that had a larger impact on him than he could ever imagine.

"Listening to those guys talk about the heart of and the emotions and everything that goes into loving people and living life and trying to get the most out of it and how it all relates to football, it stops and makes you think and look at your own life," Chesney said.

THE ASSOCIATED PRESS

City Island
Genre: Comedy
Director: Raymond De Felitta
Stars: Andy Garcia
3½

In this strained comedy by Raymond De Felitta (*Two Family House*), Andy Garcia heads an Italian-American family in the Bronx enclave of City Island.

Garcia's Vince Rizzo, a prison guard, is secretly taking weekly acting lessons in Manhattan. He's convinced his wife Joyce (Julianna Margulies) will mock him if he admits this.

So instead he lies that



he's going gambling, which infuriates Joyce and leads her to suspect that he's really having an affair.

Vince actually does have a secret that really is a problem for him. He recognizes an inmate named Tony (Steven Strait) as his long-lost son, the one he

abandoned years ago when he skipped out on his mother.

Does he come clean and man up about his past mistakes? No, he goes a little crazy, along with the rest of his family. They're all too crazy to be believed or enjoyed. PETER HOWELL



The Square
Genre: Thriller
Director: Nash Edgerton
Stars: David Roberts
3

The *Square* is a well-plotted Aussie drama that you could call a thriller, if the various characters in it were capable of any serious intrigue. Ray (David Roberts) is in charge of the construction of a honeymoon resort. He may have been an honest man before, but his affair with neighbour Carla (Claire van der Boom) and his despera-

tion for fast cash have weakened his resolve. Carla is working her own scam. Her ex-jailbird husband Greg (Anthony Hayes) has stashed a bag of money in the rafters of their house. She gets Ray involved in a scheme to torch the place after she steals the dough, so Greg won't think she stole it.

Things go desperately awry when people start meddling, others get greedy and still others get their wires crossed. PETER HOWELL

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Sabbath celebrates anniversary of two landmark releases

► The members of the groundbreaking heavy metal outfit are still eyeing their future

Even as Black Sabbath celebrates the 40th anniversary of their first two landmark releases, the members of the groundbreaking heavy metal outfit are still eyeing their future.

And it seems as though another tour with the original lineup — vocalist Ozzy Osbourne, guitarist Tony Iommi, bassist Geezer Butler and drummer Bill Ward — might not be out of the question.

"It'd be just nice to do one final, big Sabbath tour because we didn't really play that many places when we got together for the last reunion (in 2005)," Butler said in a telephone interview from California.

"We've never played Japan as the original band and we haven't played Australia since the '70s. There's a lot of places in eastern Europe that didn't even exist when we were going the first time around, so there's loads of places we'd like to play as the original band. So hopefully we'll do it."

"It'd be nice to do the tour while we're still alive."

This summer marked the release of *Classic Albums: Paranoid*, a DVD/Blu-ray that examines the backstory of Sabbath's influential 1970 disc through newly unveiled live footage and fresh interviews with the group.

Those interviews proved challenging for the affable Butler, who admits he "can't remember anything about" those early days.

The release features exhaustive track-by-track analysis of the seminal release along with appropriately reverential interviews with fans, industry peers (including Henry Rollins)



► Black Sabbath band members from left, Ozzy Osbourne, Bill Ward, Tony Iommi and Geezer Butler.

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"It'd be just nice to do one final, big Sabbath tour because we didn't really play that many places when we got together for the last reunion"

GEEZER BUTLER,
BLACK SABBATH BASSIST

and the record's engineer.

While serious Sabbath devotees might already know much of the information revealed on the disc, more casual fans might find more surprises — including the accelerated timeline in which these enduring docu-

ments were created.

The band recorded its self-titled debut album and *Paranoid* — which yielded such classic singles as *War Pigs*, *Iron Man* and the throttling title track — within a dizzying six-month span.

For *Paranoid*, they entered the studio almost completely unprepared. "We just basically treated it as if we were doing a gig," Butler recalled. "We just went into the studio, played live in the studio, not much separation on the instruments or anything, and then Ozzy did his vocals over backing tracks, Tony did a few guitar solos, and that was it."

THE CANADIAN PRESS



broadcaster's dark side

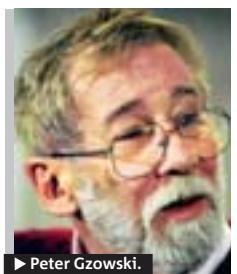
A new biography of beloved broadcaster Peter Gzowski paints a portrait of a brilliant man who hid a private dark side, including depression, alcoholism, and a secret son from an affair.

"He was among an elite (group) of radio hosts who could engage all these listeners, and keep them interested. He could interview intelligently, he could interview in a funny way, he could go from a light interview to a serious interview. He had enormous talent,"

said R. B. Fleming, whose book, *Peter Gzowski: A Biography* (Dundurn Press), hits stores this week.

"It came as a shock to me, that there was another Peter, a much darker Peter, a side which rarely revealed itself."

Fleming's book shines a light on that dark side of Gzowski, examining the broadcaster's struggles with alcoholism, loneliness and depression following the failure of his short-lived TV show *90 Minutes Live* and



the death of his father in the 1970s.

THE CANADIAN PRESS

Sabbath memory

Over the last 40 years, one memory that remains clear for Black Sabbath bassist Geezer Butler is the frightful time the British rockers had trying to cross the border into Canada for a gig.

- "We went from Detroit into Canada and they gave us a terrible time," he said. "We had to all strip off, nude, in this place. They ripped all the linings out of our coats, took all the money out of our pockets and scraped (the bills) to see if there was any cocaine residue on them."
- "In the end, we just turned around and left. And the promoter said there's going to be a riot, so the government had to get involved and they sent a special plane to pick us up from Detroit. Otherwise, there'd have been a massive riot."

THE CANADIAN PRESS

Unique set of roommates

► Being Human moves to Cardiff, Wales for third season ► Catch up on past two seasons on Space

So a vampire, a werewolf and a ghost move in together ...

It sounds like the set-up for a really bad joke. Or worse, a derivatively familiar premise for the next big American network *Twilight* rip-off youth-market drama.

Which it in fact is. But before *Being Human* was optioned for adaptation as an American series, it was a uniquely compelling, character-driven tragicomedy ... about a vampire, a werewolf and a ghost.

The supernatural series gets a special showcase this week on Space, running all six of its first-season episodes, starting last night and continuing through Friday.

It starts over from the pilot again in a weekly slot, Thursdays at 10 p.m. EST, starting Sept. 16, with the second season of six following Oct. 28. A third season is currently in production in Wales.

"It's different, isn't it?" allows Russell Tovey, who portrays the most conflicted of the three monstrous roomies — and the only one with an actual pulse — as the reluctant werewolf, George, in the British original.

"It sounds like a kids' show, which it definitely isn't," he says, calling in during a lunch break on the *Being Human* set.

Neither is it merely a monster mash. "It's really the human side of it," the actor insists, "rather than concentrating on the supernatural."

"It's almost inconsequential to these people, who are just trying to be human."

In fact, in its initial stages, the three central characters were mere mortals. "It was just about a flat-share," Tovey reveals. "George (the werewolf) just had rage issues, and was agoraphobic and painfully shy, and Mitchell (the vampire) was a drug addict and a sex addict.

"But it wasn't working. So they changed them to a werewolf and a vampire, and Annie the ghost ... but they're still rooted in those metaphors. It works on different levels for different people."

For the *Being Human* writers and creators, it was an opportunity to indulge their nerdier inclinations — all but one come fresh off the revitalized *Doctor Who* franchise, as do episodic actors Tovey and his phantom flatmate, Lenora Crichlow. (Aidan Turner plays Mitchell.)

"It's great to be around those kind of people," Tovey enthuses, "because they're obsessed with comics and science fiction. They live and breathe it. They know genre back to



► *Being Human* focuses on a vampire, a werewolf and a ghost.

front ... they're so involved in creating this world."

The North American version of *Being Human*, currently shooting in Montreal, will "super" star Sam Witwer, who played Doomsday on *Smallville*, as the vampire, with Sam Huntington — Jimmy Olsen in 2006's *Superman Returns* — taking over for Tovey as resident man-wolf. Local actor Meaghan Rath will play ghost girl Annie. It too will run on Space, which is co-producing.

TORSTAR NEWS SERVICES

TV's Vampires

A roundup of the latest about the other vampire series on TV.

► **True Blood** just keeps the plot rolling towards the season finale on Sept. 12. And the gossip keeps rolling as series star Stephen Moyer says he has apologized to *Twilight* star Robert Pattinson for calling his character the "Diet Coke of vampires" last year.

► **The Vampire Diaries**, returning on Sept. 9 to the CW, released a teaser online last week to People magazine, baiting the hook for Canadian Nina Dobrev's double role as good-girl Elena and vamp Katherine, who's stirring up trouble between brothers (one being hunk Ian Somerhalder) and who just



may have killed Elena's dad.

► **Over in Britain** they're producing the third season of *Being Human* in Wales, but not without some possible non-human interference. The show's blog reports

that actors are starting to wonder if their set is in fact haunted, as "It seems an unidentified figure has appeared three times, interrupting shots and even pushing a coffee cup across the room."

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TV watch list

Shaq, Barkley set to face off

GOLF. Shaquille O'Neal takes on his former NBA rival Charles Barkley again on *Shaq Vs.* Only this time, the two go head-to-head on the golf course in Dana Point, Calif. O'Neal also journeys to Vegas to take part in a hot dog eating contest.

► *Shaq Vs.*
Reality
CTV, ABC

Dancers look to avoid cuts

ELIMINATIONS. Two of the Top 20 dancers — one guy and one girl — will have to pack up their leotard and leg warmers on *So You Think You Can Dance Canada*.

► *So You Think You Can Dance Canada*
Reality — Competition
CTV
THE CANADIAN PRESS

Comic's original superstar

- Stan Lee has been in the comics business way before it was embraced by the mainstream
- His fan mail started out in crayons before eventually evolving to typewritten letters

Stan Lee was a beloved figure to a generation of Marvel Comics readers who grew up captivated by his legendary creations like Spider-man, The Hulk, X-Men, and Iron Man.

Now that his characters dominate the movie box office, he's become a pop culture icon whose imagination is responsible for some of the great myths of the 20th century. Metro got a chance to speak to the superhero guru.

How did people react to you saying that you wrote comics when you started?

Nobody had any respect for comic books in those days. It was considered to be something that very young kids read or older people who weren't too bright. They were considered the lowest rung on the cultural totem pole.

When did that started to change?

I think Marvel Comics was really responsible for that. At some point we started using college level vocabulary in our dialogue balloons and captions. We tried to make the stories more intelligent. We tried to play up characterization and give each one of our heroes and villains definite personalities. We concentrat-



► Famed comic creator Stan Lee.

ed on really good storytelling as best we could.

Did you ever think comic books could get this popular?

No, years ago I never could have imagined that comics would be the well-spring for so many huge movies and popular franchises. I don't think any of us in the business could have. I don't know where it's going. I hope it continues. I think as long as the people writing these things can come up with clever enough ideas to hold the audiences' inter-

ests, it'll keep going. Because people love this type of story. They're colourful, they're surprising, they're bigger than life, they're imaginative and that's what the fans like.

How did you first get into comics?

Oh, I was about 17 when I got into comics and people reacted like "who is this kid hanging around." I worked as an assistant to Joe Simon and Jack Kirby, who created Captain America. In those days, they still used pen and

ink wells and I would fill the ink wells and erase the pages for them. I would also go down and get them their sandwiches at lunch. I was just a general office helper. Then one day Joe and Jack left and it was a very small department, just the three of us. So when they were no longer working there the publisher Martin Goodman said, "Stan do you think you can hold down the job as writer and editor until I get somebody who is a grown up?" When you're 17 years old, what do you

know? I said, "Sure I can do it." I think he forgot to hire someone else and I was there ever since.

Are you still reading comics these days?

You know, believe it or not, I don't have any time to read any. I'll write them occasionally, but it's my lasting regret. I don't have time to watch enough TV or read enough comics. I'm too busy working.

How do you feel about these sorts of fan and comic book conventions now after having done them for so many years?

These fan conventions are absolutely wonderful. I like nothing better than to be with the fans and hear what they have to say. You know, years ago I used to travel around and give lectures at colleges. There would always be a question and answer period and that to me was the most important. It wasn't the information that I was giving them, it was what I was learning from them by the questions they would ask. I was always able to find out what they were the most interested in and that helped me write my stories. It's the same thing when I go to a comic book convention.

● PHIL BROWN

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Friend comes to Cougar Town

► Former Friends co-star Aniston reunites with Cox for a guest spot on her new ABC comedy series ► Aniston will portray a therapist

Jennifer Aniston will pay a visit to old "friend" Courteney Cox on the season debut of ABC's Cougar Town next month.

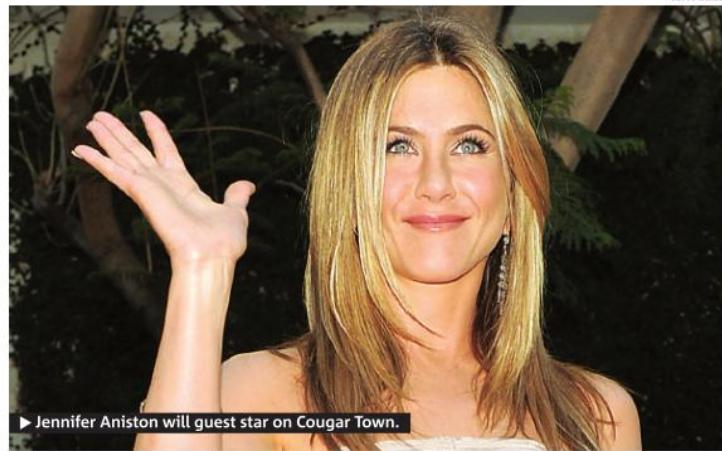
ABC said Monday that Aniston will portray a therapist who is being seen by Cox's character.

It's a one-episode visit, scheduled for Sept. 22.

The two actresses starred for many years on NBC's Friends.

Cox is in her second season of Cougar Town, where she plays a character hungry for younger men.

Aniston is promoting her new movie, The Switch. THE ASSOCIATED PRESS



► Jennifer Aniston will guest star on Cougar Town.

Gaga is 'Twitter queen'

Lady Gaga has surpassed Britney Spears as the most followed person on Twitter — for now.

She has more than 5.7 million followers. She overtook Spears over the weekend and posted a video late Saturday on YouTube.

Gaga called her fans her "little monsters" as she thanked them for beginning "my reign as Twitter queen."

Spears, Ashton Kutcher,

Ellen DeGeneres and an account run by President Barack Obama's political organization, Organizing for America, all have more than five million followers.

The most followed title often shifts rapidly, and fans frequently organize to boost their favourite's tally. THE ASSOCIATED PRESS



Celebrity tweets



Katy Perry
[@katyperry]

feel like I've been punched in the face, I am so tired.



Conan O'Brien
[@ConanOBrien]

The NASA robot doing chores on the space station has its own Twitter account. I'm glad to see NASA is still shooting for the stars.



Russell Brand
[@rustyrockets]

Twitter doesn't recognise the spelling of the word "twitter". And this blackberry isn't a berry. And my rocket is rust free.



John Mayer
[@johnmcma...]

If you miss the first 148 minutes of Inception, you won't understand a thing that's going on. © METRO

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3
life

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METRO WORLD NEWS IN LONDON

Back in the day a holiday was a week at nana's that included eating sweets (calories don't count when on holiday) and splashing about in the sea. Today people have forgotten how to switch off, leading to the inevitable crash and burn of their mind and body.

Why holiday?

It's a basic human need

"Diversity is a basic human need. People get bored when their everyday is the same," says psychotherapist Marisa Peer.

Going on holiday and getting away and experiencing change is necessary for a healthy mind.

It gives your brain a break
"Technology has facilitated keeping in touch," explains Peer. "Without taking a break from your life back home, you won't benefit fully from your holiday."

It's also a time for reassessing certain things such as the superficiality of life back home compared to the current simplicity.

It means you get to sleep

"Look at animals and how much time they spend sleeping," observes Peer. "Us humans are the same,

we need to sleep and holidays are the rare time we can do so uninterrupted."

... and how to make the most of it

Plan ahead

For meditation guru Andy Puddicombe, planning holidays may sound like an exotic thing to do but the truth is it's pretty stressful.

"Not leaving everything to the last minute will avoid you running across the airport trying to catch your plane. The rush of adrenalin you get from missing your flight or forgetting your passport isn't exactly healthy so being prepared will make the whole experience far more enjoyable."

Comfort not catwalk

When you leave to jump on the plane or train, dress for comfort and not for the catwalk.

You don't want to be queuing up for passport control in sky-high heels or too tight trousers.

Comfortable clothing will make you feel more grounded so loosen your belt and put on some flats to feel more at ease mentally and physically.

Trade in Technology

Truly switching off is something most people struggle with.

They will worry about their inbox filling up with e-mails and unanswered phone calls. Instead of frantically logging in for updates or worrying sick as to what you'll have to deal with upon returning, come up with a digital strategy.

Take 30 minutes every couple of days to answer mails and check up on things so as not to dread returning to the office.

Out of control

Recognize that most of the things that stress you out when you are traveling are out of your control. From your lost luggage to the rude passengers and delayed flight; Puddicombe's advice is to acknowledge from the very start that these things are out of your control in order to help you relax.



Having a happy holiday

► It's the time of the year we all live for, those days when you can sleep in, eat when you're hungry and hang out ► Or so you would think ...



Certain pesticides linked to attention problems in young kids: study

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A dizzying diagnosis

► People with Labyrinthitis can sometimes feel panicky as their world is turned upside down

Alison Anderson woke up one morning a few years ago feeling very, very dizzy.

"The room was moving," Anderson, 28, said. "It felt like I was moving — and I was standing still."

The Montreal university student managed to make her way to a medical clinic where she was put through a series of tests similar to those used to test a person's sobriety.

Compensate

► Should you be concerned? For most people the brain is able to compensate and patients will recover within a few weeks, but that a small minority don't compensate at all.

She was asked to walk in a straight line, putting one foot in front of the other.

But she wasn't drunk.

Anderson was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness.

Ear, nose and throat specialist Dr. Anthony Zeitouni said the term labyrinthitis comes from the word labyrinth, referring to the part of the inner ear that helps control balance.

He said while it's common to hear some doctors use the term labyrinthitis to diagnose patients, a more specific diagnosis is usually arrived at by otolaryngologists (also known as ear, nose and throat specialists).

"Vestibular neuritis is a



► Alison Anderson, 28, was diagnosed with labyrinthitis, a kind of catch-all term for several inner-ear disorders that cause dizziness

very intense vertigo that comes from the ear, probably viral," Zeitouni, who is the director of the Department of Otolaryngology at the Royal Victoria Hospital in Montreal, said in an interview.

"I think that's the one

that most people tend to call labyrinthitis."

Zeitouni said vestibular neuritis is a viral inflammation of the vestibular nerve that is characterized by intense and sudden vertigo — a sensation that is rotational, like the room

spinning.

It's a feeling kids who deliberately make themselves dizzy on a merry-go-round are familiar with, albeit fleetingly.

But vestibular neuritis is a condition that can take weeks to fully clear up,

and often sends people to the emergency room of their local hospital with anxiety-provoking symptoms that include nausea, vomiting and involuntary back-and-forth eye movements called nystagmus.

THE CANADIAN PRESS

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Eating well in August is easy

With a variety of crops becoming available, this is the best time of the year for fresh food lovers

 CELIA MILNE
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METRO NEWS

Juicy peaches at breakfast, bright red tomatoes at lunch and corn on the cob at dinner.

Get 'em while you can! Eating fresh local produce is a great way to lose weight and pile on the antioxidants.

"August is one of the best months in Canada when it comes to variety of crops available," says Tris-

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer" TRISTACA CALDWELL

taca Caldwell, a registered dietitian and owner of Fueling with Food in Halifax, N.S.

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer."

Go for deeply colourful veggies and fruits.

Peaches, tomatoes and corn are good sources of antioxidants, fiber, and

potassium, says Caldwell. Peaches and tomatoes are chock full of vitamin C.

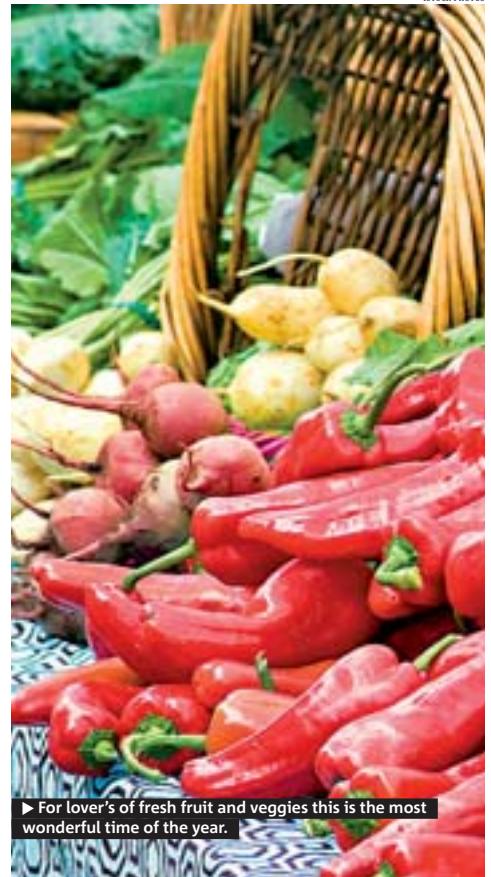
No wonder we crave them at this time of year.

If you haven't been to a farmers' market in a while, now is the time to go, recommends Caldwell.

Fresh, local foods may be higher in antioxidants because they are harvested ripe and ready to eat,

whereas foods that have to travel to supermarkets are often picked before maturity. Other local foods available in August are: beans, bok choy, broccoli, carrots, cauliflower, celery, cucumbers, eggplant, herbs, kale, lettuce greens, peppers and radishes.

"It's a great time of year to replace frozen or canned fruits or vegetables with fresh versions. Save preserved foods for the winter months when fresh options aren't available," said Caldwell.



► For lover's of fresh fruit and veggies this is the most wonderful time of the year.

60 seconds

A SIMPLE MESSAGE



Eat your greens! A new, persuasive study from the U.K. has found that eating at least one serving of leafy greens a day can reduce your risk of type 2 diabetes. Though it may sound familiar, there actually hasn't been much solid, scientific evidence to show

that eating more fruits and vegetables is beneficial in reducing chronic disease. This was a huge study, and is therefore quite reliable. The message: Eat more fruit and vegetables, especially lettuce, spinach, kale, cabbage and cauliflower.

● CELIA MILNE



Ticker Trouble

► **By the numbers** Every seven minutes, someone in Canada dies from heart disease or stroke.

► **Breaking down the deaths** 30 per cent of male deaths and 31 per cent of female deaths in Canada are from cardiovascular disease.

Harvard study condemns the eating of red meat

You've probably heard it before: Eat less red meat.

Now, there's even more evidence to support taking this advice is not only good for your health but it can cut the risk of heart disease.

A large study conducted at Harvard has found that eating chicken or turkey instead of beef, pork or lamb can cut women's heart disease risk.

Researchers say, that while this study wasn't tailored to men, that it probably applies for men too.

The study charted the eating habits of 84,136 healthy women ages 30 to 55 over 26 years, and analysed whether they got sick or not.

The women were part of the Nurses' Health Study. Results indicate that each time you substitute red

meat with poultry, nuts, fish, or low-fat dairy, you reduce your heart disease risk.

Red meat contains badides like heme iron and saturated fat, whereas these better sources of protein contain goodies such as fatty acids and polyunsaturated fats, which may protect against heart disease.

● CELIA MILNE

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Put some punch in your child's lunch

Here are some tips to make sure your child enjoys variety in his or her school lunch:

- Purchase a small stainless-steel insulated container and fill it with hot soups, leftover stews or pastas.
- Liven up sandwiches by using different types of bread such as pita pockets, small submarine buns, raisin bread or whole-grain bread.
- Make sandwiches with a variety of fillings such as tuna, salmon or egg salad, leftover meat loaf, roasted chicken, cheese such as cheddar, cream cheese, havarti and Monterey Jack.
- Pack a combination of fruits and vegetables along with low-fat yogurt and individual fruit cups.

THE CANADIAN PRESS

Nutritious lunch ideas

From Grade 1 until the end of high school, a student may eat more than 2,400 lunches at school. You can put together a lunch that not only tastes great, but also packs the nutrition that children need in their busy days. Here's one lunch box idea: Chili

Preparation:

- 1 In a microwave-safe bowl, stir ingredients until combined. Microwave on high, loosely covered, for 2 to 3 minutes or until hot. Stir before serving.
- 2 This can be placed in an insulated container or if you have access to a microwave oven, warm it up at school or work.

THE ASSOCIATED PRESS

Ingredients :

- 250 ml (1 cup) cooked rice
- 175 ml (3/4 cup) canned drained, rinsed kidney beans
- 125 ml (1/2 cup) frozen corn kernels
- 1 chopped tomato
- 50 ml (1/4 cup) diced green bell pepper
- 30 ml (2 tbsp) finely chopped onion
- 1 ml (1/4 tsp) chili powder



► Lunch box chili.

Liquid Assets

Move over Argentina, let's see some fine Chilean wines

 **PETER ROCKWELL**
LIQUIDASSETS@EASTLINK.CA

While Argentinean wine-makers hog the media spotlight with the dexterity of Kim Kardashian; their neighbours in Chile have been quietly producing some of best wines made in South America.

Famous (almost to a fault) for its cheap, consistent table wines, Chile has had trouble finding a foothold in the market for much of anything else. It's a liquid travesty that takes on biblical proportions when you consider the diversity of styles and intensity of flavour you can squeeze out of the country for less than \$15.

Though all the A-list berries are grown there; Chile's grape king (with all due respect to carmenère) is cabernet sauvignon. Brought from France in the mid-1800s, cabernet literally dominates the Chilean landscape: Producing the grape's full spectrum of red meat ready profiles from light and simple to full-bodied and enduring. The 2008 Mont Gras Cabernet Sauvignon Reserva (\$12.00 - \$14.75) offers up a balanced, creamy personality with blackberry, currant, coffee and light mocha flavours and soft, dry tannins. Very New World.

On the other end of the

scale the dark, red fruit, young tannins and black coffee and wood finish of the 2009 Errazuriz Estate Cabernet Sauvignon (\$13.00 - \$15.25) shows its European influences.

Prices reflect the range across the country. Some products may not be available in all provinces.



Correction

Yesterday's recipe for blueberry cinnamon coffee cake was missing the amount of sour cream needed to complete the dish. 250 ml (1 cup) sour cream is called for in the recipe. A complete version of the recipe is available at metronews.ca/recipes.

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Chef's Dessert of the Day

SHY GUY'S SKY-HIGH PROPOSAL

How We Met:

Tom & Tiffany

Names: Tom, 25, and Tiffany, 26

Hometown: Vancouver

Together since: 2005

Their Story:

"Tom and I (Tiffany) met on December 21, 2005. I went up to Whistler, B.C., for a night of fun ... with my friend, who was visiting. We decided to head to a local bar. Tom didn't intend to go out that night, but at the last minute he decided to go to the bar where we happened to be at."

"He is very shy and not the type to approach a girl but says he was compelled to come on the dance floor and dance with me. We



► Tom and Tiffany met during a night out at Whistler, B.C.

danced the night away and spent the next day together. I found out he was from Australia, and eight months later, I was living with him in Sydney.

"Although I'm now a permanent resident of Australia, we're both back

living in Vancouver. It has been almost five years now, and we are the best of friends and are growing more in love every day."

"Tom (finally!) proposed to me on Valentine's Day on the zip-line over Robson Street during the Van-

couver 2010 Olympics. We'll be getting married in March 2011 in Australia. We are very excited and can't wait for the big day!"

WE WANT TO KNOW

HOW YOU MET! GO TO
2FORCOUPLES.COM NOW TO
SUBMIT YOUR LOVE STORY.

When love is an open book

Chin Ma is 25 and looking for love. He paddles regularly in the dating pools online, paying fees to navigate millions of profiles based on lengthy checklists and compatibility formulas.

So how'd he find his latest prospect? Through a book by Andy Warhol on Alikewise.com, a newcomer looking to connect people free of charge based on their favourite reads. It's a unique approach in a recession-hardy industry that has dozens of niche.

"Alikewise is more subject to your creativity than the larger sites," said Chin.

Hobbies and passions like reading are often included when daters describe themselves or their dreammates. Site users can search and be searched by the books and book opinions they put up next to their profile pictures.

Other users can leave comments about your books, and the site sends notifications when somebody adds the same title or



► Co-founders Matt Sherman and Matt Masina at an Alikewise.com party.

books in the same general interest area.

"There are plenty of niche dating sites, but they struck me as a bit too niche," said Matt Sherman who the co-founded the site with Matt Masina. "They seem to orient themselves over one particular interest or type of person — athletics, religion. Our attitude is that books can be about anything. They're a means to an end to get the conversation going."

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Fun and Frugal



MONEY@METRONEWS.CA



FRUGAL AND GREEN

Going green doesn't mean you need to trade in your 2003 Ford for a shiny new \$30,000 hybrid. Many green choices are simple and won't squeeze your bank account.

Reducing consumption of non-environmentally friendly products is a step towards going green and saving money. Home-made foods reduce packaging and are healthier than foods that are preserved in salt and other chemicals. Try paring down purchases so you won't over consume. Do you really need the expensive gas guzzling eight-seater SUV, or could you get by with a smaller car? Shop for fewer fresh groceries more often, so that less produce goes rotten. Take your own fabric bags and walk to the store. If you're used to driving, try public transit, carpool, walk, run, bike, or inline skate instead. Save on utility bills by washing laundry

dry in cold water. On cold days turn the temperature down a few degrees or on hot days reduce the air conditioning in your house. Turn the lights out and properly seal your doors and windows.

Reusing and maintaining products extends their life and reduces waste. Consider buying quality used mechanical goods like lawnmowers, vacuums, appliances and cars. By keeping them well maintained, they'll cause less pollution and last longer. Consider selling or handing down clothing, furniture, computers, televisions, and other electronics to family, friends, and neighbours. Rather than buying new books, CDs, magazines, and DVDs, rent them from your local public library.

Recycle household items rather than throwing them in the trash and check out environmental rebate programs available in your area. If you're going to renovate your home, for example, retrofit with energy-efficient hot-water tanks, windows, faucets, doors, etc. Explore whether you can buy products made from recycled materials or products that have been refurbished.

Contributing to a cleaner environmental future is everyone's responsibility. Start by making small changes to your daily consumption habits — choose cleaner, greener and cheaper options.

Contributing to a cleaner environmental future is everyone's responsibility. Start by making small changes to your daily consumption habits — choose cleaner, greener and cheaper options."

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THE HOMEWARRANTY

Let kids have a say in their allowance

► Getting your children involved in setting a back-to-school allowance means both of you will have satisfaction all round

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA

 With school beckoning one's parental attention may turn to thoughts of relief ... and money.

Kids need dough. It's not just about having money to spend, but about learning to handle one of life's most essential resources.

Many parents increase allowances on birthdays. But back to school is actually the best time of year for kids to get a raise. And I bet you won't get any argument when you broach the topic.

According to the U.S. site, threejars.com, 71 per cent of parents believe setting allowance should be a joint decision.

Start by putting together a budget with your

Interest rates/ Savings accounts

BANK	RATE
BMO	1.250%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.50%
RBC	1.0%
SCOTIA	1.15%
TD	1.1%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE



► Fifty-one per cent of kids spend their allowance all at once while 49 per cent of parents want money tied to chores.

child. This is how I did it with my 13-year-old. Her passion then was (expensive!) graphic novels, costing about \$26 each. We figured on one a month.

She also loved to buy a frosty drink and an Archie comic on weekends. We budgeted one per week at \$4.50. Now we are up to \$44. I also believe in saving both for short term goals and her own educa-

tion. We calculated \$10 monthly for short term saving (video games) and \$10 for her college fund.

The total came to \$16 a week. To that I added another \$2 for school special events such as pizza day. When I told her \$18 was too rich for me she agreed to cut back to an Archie and frosty drink every other week.

She took her \$16 week-

ly cheque to the bank once a week and once a month transferred \$10 into a savings account and \$10 into her RESP. The Canadian site, moonjar.ca also recommends a portion added for charity. My daughter decided she would donate half of her pay from her Saturday job in a stable. Do this annually and you'll never have allowance tears.

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4

sports

Women's action

Nkem Ezurike
Lower Sackville's Nkem Ezurike didn't waste much time finding the NCAA Division I women's soccer scoresheet. The freshman striker scored in the 66th minute in the Michigan Wolverines' 1-1 tie with the Eastern Michigan Eagles in Ann Arbor, Mich., on the weekend.



Jillian Saulnier
Halifax's Jillian Saulnier scored as the Canadian women's under-22 hockey team earned a 7-2 victory over its American counterparts on Saturday in Toronto. The win gave Canada a sweep in a three-game exhibition series.

Difficult decision for Mooseheads

RYAN TAPLIN/METRO HALIFAX

► Herd cut Dimitruk as over-age picture gets clearer



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads took the first step toward clearing up their over-age situation yesterday.

The Mooseheads cut 20-year-old defenceman Paul Dimitruk, a regular on the club's blue-line last season, to reduce their over-age count to four. Only three 20-year-olds are allowed on a QMJHL roster.

Remaining are goaltender Peter Delmas, defenceman Pascal Amyot and forwards Gerrad Grant and Charles Bety.

"We feel these are four top guys," said Mooseheads head coach and general manager Cam Russell.

"It was difficult to let Paul go but he wasn't going to factor into our picture."

The Mooseheads didn't

make any trades as the QMJHL trade period came to a close yesterday morning, meaning they are likely to go with 19-year-old Mathieu Corbeil and 17-year-old Anthony Terenzio in goal this season.

Because over-agers can be dealt at any time, it would appear Delmas is on the way out if the Mooseheads can find a buyer.

"We still have lots of time to make a decision," Russell said.

"It's not the best situation to carry three goaltenders but we're not going to handcuff ourselves and make a trade because we feel pressured."

Grant is considered a lock for a spot, while Russell said Amyot and Bety are both playing "solid hockey" and "could both be the captain on this hockey team."

News and notes



► **Jordan Costello**

Russell said the Mooseheads explored trade possibilities for Dimitruk but that the Andover, Mass., native wasn't interested in playing anywhere

else.

► The Mooseheads also cut 19-year-old returning forward Jordan Costello yesterday. He had a goal and an assist in 33 games last season.

► Also sent packing were affiliate Justin Belanger and tryout Cody Squires. The departure of the two forwards leaves the team with 32 players on their roster.

► The Mooseheads don't play again until Saturday, when they host the Cape Breton Screaming Eagles at the Forum at 7 p.m. They also visit the Screaming Eagles on Sunday.



► Paul Dimitruk appeared in 60 games with the Mooseheads last season, recording a goal and 14 assists.

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NORTH AMERICA'S RAILROAD





Tiger's marriage finished

► Court grants divorce to golfer and his Swedish-born wife ► Couple will 'share parenting' of their children, but other terms not released

Tiger Woods and his Swedish-born wife officially divorced yesterday, nine months after his middle-of-the-night car crash outside his home set off shocking revelations that the world's most famous athlete had been cheating on his wife.

"We are sad that our marriage is over and we wish each other the very best for the future," Woods and Elin Nordegren said in a joint statement released by their lawyers.

The divorce was granted in Bay County Circuit Court in Panama City, Fla., about 600 kilometres away from their Isleworth home outside Orlando. The couple had married in October 2004 in Barbados and have a three-year-old daughter, Sam, and a 19-month-old son, Charlie.

Terms of the divorce were not disclosed, except that they will "share parenting" of their two children.

The divorce was final.

The single life

► Woods is to play this week at The Barclays.
► It will be his first tournament as a single man since he finished ninth in a World Golf Championship in Ireland in October 2004.

ized by Bay County Circuit Judge Judy Pittman Biebel during a brief hearing in a conference room in her chambers, according to Biebel's judicial assistant Kim Gibson. The hearing was very brief, only about five or 10 minutes. Both Woods and Nordegren were present, along with their lawyers, Gibson said.

"I don't comment on active cases," Thomas J. Sasser, Woods' divorce lawyer, said. When asked why they chose to file in Panama City, Sasser said only it was a joint decision by the couple.

Woods' agent, Mark

Steinberg, declined comment when asked if they had a pre-nuptial agreement or terms of the settlement. "We're not commenting beyond what was in the release," he said.

Nordegren, who once worked as a nanny for Swedish golfer Jesper Parnevik, asked to have her maiden name restored as Elin Maria Pernilla Nordegren. The couple signed a marital settlement agreement July 3 and July 4, the weekend of the AT&T National outside Philadelphia, where Woods failed to break par in a PGA Tour event for the first time in 11 years.

The sordid sex scandal cost Woods three major corporate sponsors — Accenture, AT&T and Gatorade — worth millions of dollars.

A month after the scandal became public, Woods spent two months in therapy at a Mississippi clinic with hopes of saving his marriage. **THE ASSOCIATED PRESS**

EZRA SHAW/GETTY IMAGES

Former Huskie doing just fine

Karl McCartney is enjoying life in the CFL after an unhappy end to his career with the Saint Mary's Huskies.

The six-foot, 231-pound Calgary Stampeders rookie is third in the CFL in special teams tackles and has seen time at middle linebacker as a backup, according to a report in the Calgary Herald.

McCartney, who hails from the Bahamas, spent two years at Saint Mary's but considered quitting football after the 2009 season.

"I was done with university; I was tired of being on the bench when I knew I was better than some of



the guys ahead of me," McCartney told the Calgary Herald.

"I still wanted to play football. But part of me didn't."

After the Stampeders drafted the 22-year-old in the fifth round, 37th overall, in May, McCartney decided to give it another shot.

Stampeders head coach John Hufnagel told the newspaper McCartney is doing "an outstanding job."

"I'm very pleased with the young man; his special teams play has been very good, and defensively, when he's gotten on the field, he has held up well and he's getting better," Hufnagel said.

● MATTHEW WUEST

News in brief



Wozniacki triumphs at Rogers Cup

TENNIS. After two days of waiting out the rain, Caroline Wozniacki decided it was time to take care of business.

With the semifinals and the final both held yesterday, the 20-year-old

Dane dispatched Svetlana Kuznetsova 6-2, 6-3 in the semis.

About two hours later, she downed another Russian, Vera Zvonareva, 6-3, 6-2 in the final to win the \$2-million US Rogers Cup.

Damon back to Red Sox?

MLB. It's all up to Johnny Damon now: Play out the season in Detroit, or rejoin the Boston Red Sox for another playoff chase.

The Red Sox have claimed the 36-year-old outfielder on waivers from the Tigers, and Damon was deciding yesterday whether to go.

Once a fan favourite at Fenway Park, he's been booed there ever since he defected to the rival Yankees.

Strasburg back on disabled list

MLB. Rookie ace Stephen Strasburg of the Washington Nationals is headed back to the disabled list.

The team said he will have a second MRI on his arm in the next day or two.

Strasburg strained a tendon in his right forearm over the weekend.

Giants' Manning ready to play

NFL. New York Giants quarterback Eli Manning is back and ready to go.

Manning returned to practice yesterday and left no doubt that he intends to play Saturday's next-to-last pre-season game.

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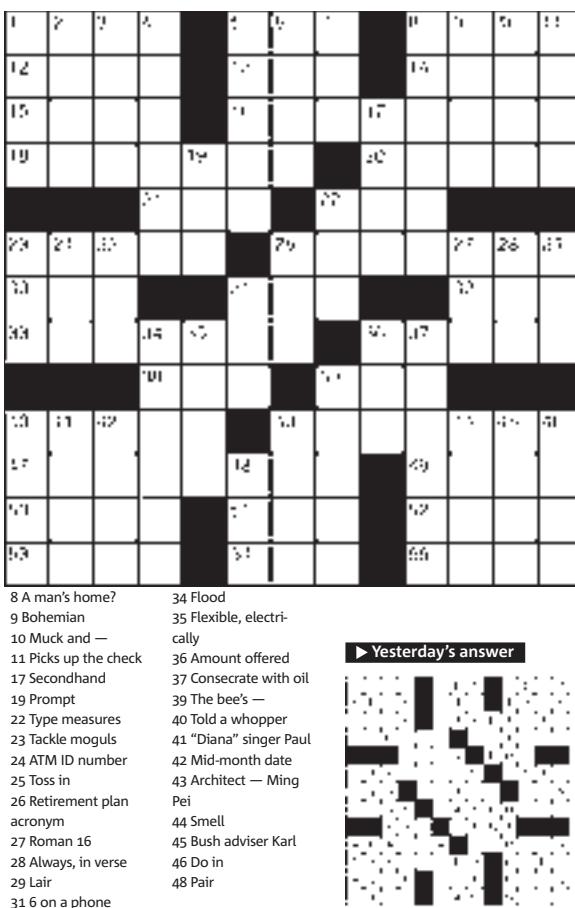
Crossword

Across

1 Small plateau
5 Jewel
8 Bivouac
12 Speedy steed
13 Fish eggs
14 Operatic solo
15 Traps
16 Big business
18 Brings about
20 Eyelid troubles
21 Carpet
22 Skinny fish
23 Digging tool
26 Alphabetized, maybe
30 Tease
31 "Miniver"
32 Churchill gesture
33 Gary's home
36 Young Scot
38 Sgt., for instance
39 Family
40 Estate owner
43 Not al fresco
47 New member
49 "American"
50 Scratches (out)
51 Affliction
52 PBS science show
53 Morse code symbol
54 Surprise cries
55 Deuce topper

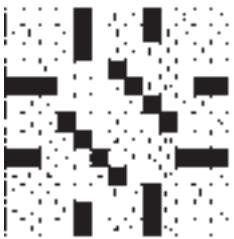
Down

1 Christmas trio
2 Ms. Brockovich
3 Beach stuff
4 Ridiculous
5 "Perry Gentry" composer
6 Long periods
7 Club —



8 A man's home? 34 Flood
9 Bohemian 35 Flexible, electrically
10 Muck and — 36 Amount offered
11 Picks up the check 37 Consecrate with oil
17 Secondhand 39 The bee's —
19 Prompt 40 Told a whopper
22 Type measures 41 "Diana" singer Paul
23 Tackle moguls 42 Mid-month date
24 ATM ID number 43 Architect — Ming
25 Toss in 44 Smell
26 Retirement plan 45 Bush adviser Karl
acronym 46 Do in
27 Roman 16 48 Pair
28 Always, in verse
29 Lair
31 6 on a phone

► Yesterday's answer



Sudoku

1	3	8	7					
5				6	8	2	3	
8		9	3				7	
7	4				3		1	
5			8				4	
2	1				5	6		
3			1	4			8	
7	4	9	2				1	
				9	7	4	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	4	1	6	9	8	7	3	2
7	2	8	5	3	4	9	1	6
6	3	9	7	1	2	4	8	5
3	1	7	8	6	9	2	5	4
2	9	4	3	7	5	8	6	1
8	6	5	4	2	1	3	7	9
4	8	2	1	5	3	6	9	7
1	7	3	9	4	6	5	2	8
9	5	6	2	8	7	1	4	3

Send a **KISS**
Show some love! Send a note to somebody special at kiss@metronews.ca

To Diesel Fishback — my love, my best friend and my hearts companion. Wishing you a very special birthday this year! Loving you gets easier every day. *kiss* SRA

J. Happy Anniversary! 4 years and stronger than ever! I am so proud of you and everything you have accomplished! You're amazing and I love you so much! YOUR #1 FAN XO

J.M. You've loved me for 9 years and have given me the best 2 years of my life. Wishing I only knew for the first 9 years but I'm looking forward to a life time. Love you truly madly deeply. My furry bear! GAGUTZA

Happy 43rd Marky Q! May your birthday celebration be just as incredible as you are. I love you and can't wait to soon walk hand in hand with you, through our own private Cedar trail. AMORE E BACI

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 An assertive approach is a must today, even if you don't feel as assertive at all. If others sense that you are having doubts they will try to exploit them.

♉ Taurus April 21-May 21 Someone will catch your eye today and you will do whatever it takes to get close to them. However, having got close you may then discover that the romantic spark is lacking, but maybe you can be friends.

♊ Gemini May 22-June 21 Everyone has problems but you seem to be under the impression that you have more than most other people. That simply isn't true. Today will highlight difficult issues, but by tomorrow they will have faded again.

♋ Cancer June 22-July 22 Travel and social plans will be disrupted today and there's not much you can do about it. The one thing you do have control over is how you choose to react to setbacks and delays.

♌ Leo July 23-Aug. 23 Think carefully before committing yourself to anything of a financial nature over the next 24 hours. You may want to boost your earning power but you could lose as much as you gain. What's the hurry?

♍ Virgo Aug. 24-Sept. 22 Life will seem more difficult than it really is, so stay calm and don't let your fears get the better of you. This is only a passing phase.

♎ Libra Sept. 23-Oct. 23 There is a strong possibility that you will have to rethink your plans today. On the work front especially what you want to do and what others want to do just won't go together.

♏ Scorpio Oct. 24-Nov. 22 You always speak the truth as you see it and what you have to say today may not be what others want to hear, so be ready for a backlash.

♐ Sagittarius Nov. 23-Dec. 21 You have been worrying about something you thought was important but the full moon will bring to light information that makes you realize it was of no importance at all. Don't stop smiling — humour cures so many ills.

♑ Capricorn Dec. 22-Jan. 20 There will be plenty in the way of gossip today, but not much in the way of factual information, so don't jump to conclusions and don't judge people on what others say about them.

♒ Aquarius Jan. 21-Feb. 18 Money matters and business issues figure prominently in your chart at the moment and today especially there is a danger you might take them a bit too seriously.

♓ Pisces Feb. 19-March 20 The full moon in your sign will bring out the emotional side of your nature — it's lurking there just below the surface. Cry, shout, scream — do whatever it takes to shift that emotional blockage. ■ SALLY BROMPTON

Caption contest



"They gotta stop building the stage next to the pool!"
MARIA DECRUZ



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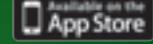
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Playa Costa Verde • 4★

All-Inclusive • Standard rm.
Sept. 11 & 18 • 1 wk.

\$649

+Taxes & other fees
(including service charges): \$240

JAMAICA via Toronto

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive
Junior suite
Sept. 2, 4-25 • 1 wk.

\$999

+Taxes & other fees
(including service charges): \$293

Please add \$50 for Sat. & Sun. departures

Iberostar
Rose Hall Beach • 4 1/2★

All-Inclusive
Standard garden view rm.
Sept. 2, 4-25 • 1 wk.

\$1039

+Taxes & other fees
(including service charges): \$293

Please add \$50 for Sat. & Sun. departures

USA

Boston

Midtown Hotel • 3★

Double guest rm.
Sept. 16-Oct. 8 • 3 nts.

\$599

+Taxes & other fees
(including service charges): \$112

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SAINT LUCIA via Toronto

Bay Gardens Inn • 2 1/2★

Standard rm.
Sept. 4-26 • 1 wk.

\$689

+Taxes & other fees
(including service charges): \$238

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana
Roulette • 4★

All-Inclusive • Run of the house
Oct. 3-24 • 1 wk.

\$989

+Taxes & other fees
(including service charges): \$326

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.

\$1159

+Taxes & other fees
(including service charges): \$326

Puerto Vallarta/

Riviera Nayarit via Toronto

Canto del Sol
Plaza Vallarta • 3 1/2★

All-Inclusive • Standard rm.
Nov. 13-27 • 1 wk.

\$1059

+Taxes & other fees
(including service charges): \$289

MEXICO

Cancun/Riviera Maya via Toronto
Occidental
Grand Xcaret • 4 1/2★

All-Inclusive • Deluxe rm.
Nov. 4 • 1 wk.

\$879

+Taxes & other fees
(including service charges): \$303

Grand Sirenis Riviera Maya

Hotel & Spa • 5★

All-Inclusive • Junior suite
Nov. 4 • 1 wk.

\$1079

+Taxes & other fees
(including service charges): \$303

BAHAMAS

Great Exuma via Toronto
Augusta Bay • 3 1/2★

Continental breakfast
Oceanview queen rm.
Oct. 3-24 • 1 wk.

\$1099

+Taxes & other fees
(including service charges): \$210

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2★

All-Inclusive
Standard oceanview rm.
Sept. 4, 11, 18 & 25 • 1 wk.

\$1329

+Taxes & other fees
(including service charges): \$249

CRUISE

Princess Cruise Line[®]

Caribbean Princess

Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
Oct. 31 & Nov. 14 • 1 wk.

\$1129

+Taxes & other fees

(including service charges): \$284

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally. Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Aug. 24 & 28, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochure or www.aircanadavacations.com. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Halifax to Saint Lucia via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ Princess Cruises ship's registry: Bermuda. ■ Aeroplan is a registered trademark of Aeroplan Canada Inc. ■ Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

2010 CLEAROUT Offer ends August 31st

KIA SUMMER SALE



**NO PAYMENTS UNTIL FALL!
0% FINANCING ON ALL 2010 MODELS****

2010 KIA RIO EX CONVENIENCE

STANDARD FEATURES:



BLUETOOTH
CONNECTIVITY°



MP3/USB
INPUT



HEATED
FRONT SEATS



AIR
CONDITIONING



Own it from

\$113°

\$0

bi-weekly for 60 mos.

down payment

HWY: 5.8L/100KM (49 MPG)
CITY: 7.1L/100KM (40 MPG)

ONE OF THE GREENEST
CARS IN ITS SEGMENT



Save up to
\$2,798°



KIA MOTORS
The Power to Surprise°



WE'VE GOT YOU COVERED.

•5-YEAR/100,000 KM WORRY-FREE COMPREHENSIVE WARRANTY
•5-YEAR/100,000 KM POWERTRAIN WARRANTY
•5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE
•NO DEDUCTIBLE CHARGE



KIA
MEMBER
REWARDS

CERTIFIED / PRE-OWNED°



°Offer purchase financing for up to 48 months on approved credit (OAC). 0% purchase financing available on 2010 Forte (F540A only), 2010 Rondo/2010 Sedona/2010 Rio for up to 60 months on approved credit (OAC). Cash back varies by model and trim. **No Payments Until Sept. (60 day payment deferral) applies to purchase financing offers on all new 2010 and 2011 Kia models. No interest will accrue during the first 30 days of the finance contract. After this period interest starts to accrue and will continue to accrue until the end of the term. •Offer applies to 2010 Rio (R0545A) is \$135 with an APR of 0% for 60 months based on the Manufacturer Suggested Retail Price. Delivery and destination fees of \$1,455 and PPSA excluded. •WE PAY THE TAX cash credit of \$2,798 (variable by region) applicable on 2010 Rio (R0705A). Cash back varies by model and trim. See dealer for details. All offers exclude license, insurance, other taxes, down payment and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. •Highway/City fuel consumption for 2010 Rio EX (R0542A) is 5.3L (69 MPG)/7.1L (40 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication Fuel Guide/Full Consumption Guide. •Green Score for the 2010 Rio based on specification within its segment. Refer to GreenCars.org for full details. The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends August 31, 2010. KIA is a trademark of Kia Motors Corporation.